

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 02036, Spices, rosemary, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	9.31	--	1.524	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	331	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1387	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	4.88	--	0.809	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	15.22	--	1.818	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	6.53	--	0.340	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	64.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	42.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2002
<b>Minerals</b>													
Calcium, Ca	mg	1280	--	188.149	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	29.25	--	7.158	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	220	--	5.774	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	70	--	20.817	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	955	--	70.803	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	50	--	3.845	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	3.23	--	0.233	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	1.867	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	4.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1998
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	61.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Thiamin	mg	0.514	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.428	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1998
Niacin	mg	1.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 <sup>1</sup>	mg	1.740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2001
Folate, total	µg	307	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1998
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	307	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2002
Folate, DFE	µg	307	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2002
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	3128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	7.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
10:0	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
12:0	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
14:0	g	0.315	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
15:0	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	4.991	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
17:0	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
18:0	g	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
20:0	g	0.379	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
22:0	g	0.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
24:0	g	0.294	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
Fatty acids, total monounsaturated	g	3.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
14:1	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
16:1 undifferentiated	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
18:1 undifferentiated	g	2.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
20:1	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
Fatty acids, total polyunsaturated	g	2.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
18:2 undifferentiated	g	1.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	1.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1998
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1998

**Sources of Data**<sup>1</sup>S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167<sup>2</sup>Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250<sup>3</sup>Zheng, W. and Wang, S.Y. Antioxidant activity and phenolic compounds in selected herbs., 2001 J. Agric. Food Chem. 49 11 pp.5165-5170